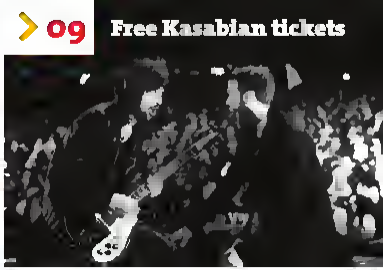
> 09 Free Springsteen tickets

> 09 Yahoo! Wireless tickets

> 09 Free Kasabian tickets



thenewhammag

issue 277 / 21 June – 5 July 2013

Canning Town's KO king

Wadi Camacho makes waves in the Cruiserweight division (p18)

Newham London

Children and Young People's guide to Summer in Newham

Lots of **FREE** activities for everyone to enjoy, including free courses from the Summer School. Pick up a copy from your school, your local Newham library or from any Newham Children's Centre

To see a copy of the guide online visit www.newham.gov.uk/summerschool

Young Mayor of Newham

Mayor of Newham

the newham mag

Look out for the next issue from 5 July 2013

contents

21 June 2013 // issue 277

The regeneration of Newham has seen iconic landmarks created – none more so than the Emirates Air Line. Read about how our residents are being lifted to new heights via Workplace on page 14.

As part of the 2012 legacy we are launching our Biggest Ever Giveaway (p9), your chance to go to some of this summer's most exciting events for free.

There's lots more. Don't miss the interview with Newham's rising boxing sensation (p18), the latest on the Mayor's Newham Show (p20) and with Wimbledon starting on 24 June, we list where you can play tennis in the borough (p23).

Cllr Conor McAuley

Executive member for regeneration and strategic planning

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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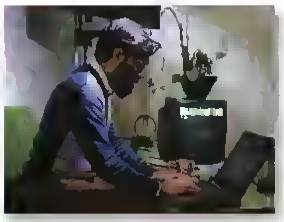

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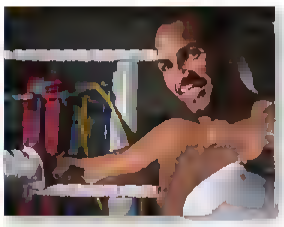

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Newham London

Find us online at www.newham.gov.uk/mag
For information on all Newham Council services visit www.newham.gov.uk

Healthy group launch
Newham Council is hosting an event on Wednesday 3 July to formally launch Healthwatch Newham, a new organisation for people living and working in the borough to have their say on health and social care issues.

The event at Stratford Circus, Theatre Square, E15, runs from 11am-2.30pm. It also celebrates the first anniversary of Newham's Co-Production Forum, where people play an active role in developing support services for adults.

For more information call Selma Ghouse on **020 3373 8563** or email **selma.ghouse@newham.gov.uk**

Dreaming of space
British space scientist Maggie Adern-Pocock MBE is the final speaker in this year's Ideas Olympiad free lectures and talks.

Maggie will be at The Crystal, One Siemens Brothers Way, Royal Victoria Dock, E16, on Thursday 27 June at 6.30pm to talk about how she turned her childhood dreams of being a space scientist into reality. To book your free ticket visit **www.newham.gov.uk/IdeasOlympiad**

Can you dig it?
Do you fancy exercising your green fingers? If so, then drop into the Dig It gardening event in the community garden at Jack Cornwell Community Centre, Jack Cornwell Street, E12 on Monday 24 June from 10.30am-2pm.

The free event gives you the chance to get involved with the garden, make friends and get free seeds for your garden. There are also free refreshments.

For information call **020 3373 2879.**

A tidy effort by pupils

East Ham South ward councillors Lakmini Shah and Quintin Peppiatt joined youngsters and parents from Brampton Primary School for a clean-up of the area outside their school.

It was part of a wider campaign across East Ham that also involved cleansing staff, volunteers, residents and community groups. The clean-up targeted dog fouling, broken glass and assorted litter including fast food waste.

Those taking part identified homes with mattresses, sofas, wardrobes and old window panes in front gardens and then leafleted them with details of the council's free bulky waste collection service.

Cllr Shah said: "People deserve to have a tidy neighbourhood. The pupils and everyone who took part worked very hard and we thank them."

Clean-ups take place on the first Wednesday of the month. The next one is on 3 July from 9.30-11am. People can gather at Brampton Primary School or outside Newham Town Hall. Call 020 3373 0304 for details.

Judge rules on betting shop case

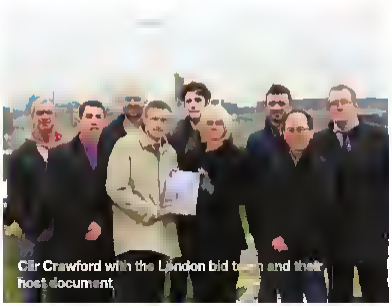
A judge has overturned a decision by Newham Council that prevented the opening of a new Paddy Power betting shop in Green Street, Upton Park.

The betting industry had been awaiting the decision at Thames Court as a test case over the amount of business done in bookies on gaming machines.

The council rejected an operator's licence for the Paddy Power premises in February on the grounds it would attract crime and anti-social behaviour and because the primary profits would come from fixed odds betting terminals. Paddy Power appealed the decision.

Councillor Ian Corbett, executive member for environment, said: "We are disappointed and will decide what we do next. The law needs to be changed so that our residents do not have to suffer anti-social behaviour connected to betting shops."

Boost for Gay Games


Cllr Crawford with the London bid team and their host document

London's bid – backed by Newham Council – to host the 2018 Gay Games has been boosted with confirmation that it has been shortlisted for the final round of selection.

Queen Elizabeth Olympic Park in Stratford would host the multi-sport event, which welcomes thousands of athletes from around the world. The London bid team will present to inspectors from the Gay Games organisers in July. The cities shortlisted alongside London are Paris and Limerick.

Councillor Neil Wilson, executive member for equalities and social inclusion, said: "Just as the Paralympics transformed attitudes towards people with physical impairment, hosting the Gay Games will encourage respect and tolerance for others."

Stratford and New Town ward councillor Richard Crawford said: "This is an amazing opportunity to celebrate diversity and change perceptions."

Pulling plug on threat of violence

Newham Council is taking the fight against violent crime online in a bid to protect vulnerable young people.

The council's enforcement team has targeted videos posted on social media websites in a bid to reduce youth-on-youth violence. The Home Office and Metropolitan Police have praised the work.

The videos targeted use violent threats to intimidate others, which can result in personal attacks. One clip highlighted by the council resulted in a young resident being stabbed.

Since January 2012, more than 500 clips have been examined. Of these, 76 were removed because of explicit use of threats.

Mayor Sir Robin Wales said: "It's important young people don't get the idea that gangs are things you should join. When people make these videos the motive is to glamorise gangs. Starving them of publicity is the right thing to do."

Berth is fit for a Prince

Newham's Deputy Mayor Councillor Lester Hudson joined The Duke of Edinburgh Prince Philip at the unveiling of a plaque marking the new permanent home in the Royal Docks of one of the world's oldest steamships.

Royal Victoria Dock, where SS Robin is based, is just a mile from where she was built in 1890 at the Thames Ironworks Shipyard on the River Lea.

The Duke has been instrumental in trying to preserve the SS Robin for future generations since the 1970s. His visit marked the start of the final phase of a five-year restoration worth £3m, supported by the Heritage Lottery Fund. It will open to the public next year.

Cllr Hudson said: "Newham Council is proud to back the restoration of the SS Robin. The permanent mooring of this iconic ship in the Royal Docks adds another exciting dimension to the transformation of Newham."

The Duke, left with Cllr [illegible] SS Robin

Hard work is worth it

The recent visits to Newham by two of the country's most senior politicians has underlined the work we are doing to build a stronger, fairer and more resilient borough

During his visit to the council's offices at Newham Dockside, Ed Miliband, Leader of the Opposition, applauded our commitment to getting local people into work

Whether you support his politics or not, his pledge to reduce the social security bill by getting people into work makes sense

The dignity of work, essential to economic resilience, is missing for so many in our society. Current economic policy is providing too few jobs, as many Newham residents know only too well. And for others, life can be dominated by long hours in insecure work for little reward and little recognition

We're taking action to deal with those problems. Our employment service, Workplace, has got more than 17,500 people into sustainable jobs since it started, and this year will do the same for another 5,000 people, offering a hand up to those residents who are locked out of the labour market.

That is why we will continue to invest in Workplace. And that's why we have partnered with local businesses to form Skills Place – to ensure job opportunities become sustainable, rewarding careers

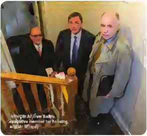
We know we can innovate locally to improve people's lives. That's what Shadow Housing Minister Jack Dromey saw in our enforcement activity that is targeting poor conditions in the private rented sector

We went together on a joint operation in Forest Gate between the council, Metropolitan Police and UK Border Agency, which resulted in a number of landlords who had not licensed their properties being threatened with prosecution

We won't tolerate slum conditions for any of our residents, or the blight of anti-social behaviour they can bring. That's why we have worked hard to become the first council in the country to bring in borough-wide licensing for the private rented sector

So far 30,000 applications for property licences have been made by Newham landlords. I am pleased our work to improve conditions is being recognised

With Workplace recruits Liban Moshin, left, Anthony Davies and Mr Miliband


With Cllr Andrew Baikie, executive member for housing, and Mr Dromey

Mayor's view

Prescription for good health

We all know Newham has big health challenges, and life expectancy here is among the worst in London. This is something we are doing everything we can to address.

Firstly, it's about tackling head-on those wider issues that affect people's health, such as bad housing and unemployment. You can see evidence of how we are doing that on the opposite page. Bad homes and no work can lead to bad health.

However I believe Newham is being unfairly penalised. We have suffered one of the biggest central government grant cuts of any council in the country. It's also outrageous and grossly unfair that some of the richest local authorities have the highest health allocations. We want the government to reverse this.

The recent transfer of public health responsibilities and funding to councils, however, is welcome. This will make it easier for us to intervene earlier and prevent illnesses that lead to shorter lives.

Secondly, there are specific steps we are already taking which include:

- free school meals – Newham's pioneering scheme offers free, healthy school meals for all our primary school children
- smoking – our stop smoking service provides support through hospital and community sites including GP-based advisers. Some 2,142 people were helped to stop smoking in 2012/13 out of 4,120 seen – a success rate of about 50 per cent (compared with a national average of about 40 per cent), the ninth year we have met targets
- bowel screening – Newham's uptake for the period January to September 2012 was 38 per cent, an increase of 4 per cent from the previous year
- NHS health check – this programme identifies people who are at risk of developing preventable illnesses like heart disease, stroke, diabetes or kidney problems, and helps them to avoid or delay these conditions. In Newham, most of these checks are provided by the GP practices. The programme started here in 2008 and since then 47,582 people have been checked.

We now have a significant opportunity to make public health work and make a real difference to residents' lives.

with Sir Robin Wales

PRUDENTIAL RIDELONDON

Don't get caught out. The cyclists are coming

Prudential RideLondon is a new, world-class festival of cycling.

Roads will be affected across central London on **Saturday 3rd August** and across London and Surrey on **Sunday 4th August.**

Find out more at a public information session in your area
See **www.tfl.gov.uk/prudentialridelondon** for details

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To advertise here call Julie Madell on 07890 529 090 or email julie.madell@newham.gov.uk

PLANNING TO GO TO UNIVERSITY THIS SEPTEMBER?

[illegible] hear from you!

London City Airport is looking for local people to apply to its University Prize Scheme

You are invited to apply if you:

- have submitted a UCAS application
- are looking to study a subject related to transport, business, geography or foreign languages
- expect to achieve 240 UCAS points or more
- live in the London Boroughs of Newham, Tower Hamlets or Greenwich

London City Airport will provide the recipients of the University Prize Scheme with financial assistance, business mentors, work placements and additional training throughout their degrees.

To request an application pack or for any queries, please contact:

Anthony Angel
CSR Executive

e: anthony.angel@londoncityairport.com

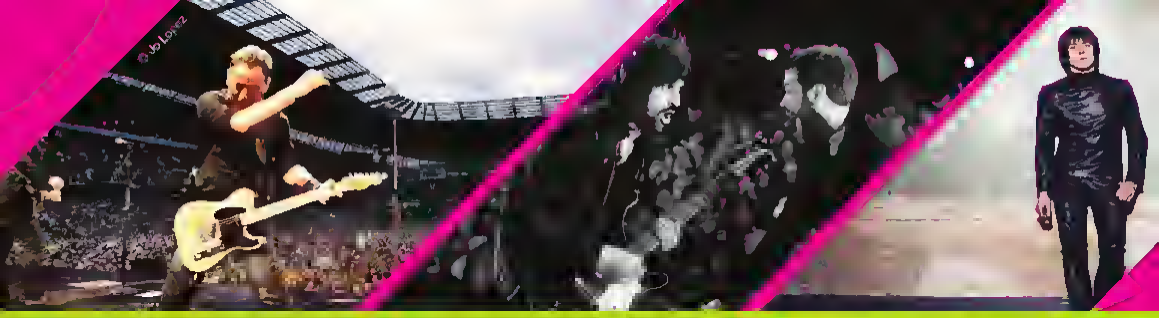
visit: londoncityairport.com/aboutandcorporate/universityprizescheme

The closing date for all applications is Friday 5 July 2013.

The London City Airport University Prize Scheme is part of the Airport's Corporate Responsibility Programme.

For more information, please visit
www.londoncityairport.com

LondonCityAirport



THE BIGGEST EVER GIVEAWAY

Mayor Sir Robin Wales is inviting you to some of the biggest festivals in London to celebrate the opening of the North Park in Queen Elizabeth Olympic Park this summer. And if you are a Newham resident you could get in for free.

Sir Robin has promised that Newham residents will benefit from every aspect of the Olympic legacy. That means new jobs, new homes, new facilities and now, free tickets.

Newham Council and events company Live Nation have joined together to offer free tickets to Hard Rock Calling, exclusively for Newham residents. To be in with a chance of winning one of 500 pairs of tickets we're giving away for each night, all you have to do is visit **www.newham.gov.uk/mayorsfreegiveaway**

Hard Rock Calling

Kasabian – Saturday 29 June

Hot off the back of their number one album Velociraptor! Kasabian will be supported by legendary mod-father **Paul Weller**, Mercury Music Prize nominated **Miles Kane**, **The Cribs**, **The Klaxons** and many more from the alternative rock scene

Bruce Springsteen – Sunday 30 June

Bruce will be joined by the **E Street Band**, who gave the world old school rock anthems like Born In the USA. He will be supported by raunchy rockers **The Black Crowes** and the laid back **Alabama Shakes**

To apply for your chance to get free tickets for either of these shows visit **www.newham.gov.uk/mayorsfreegiveaway**

HARD ROCK CALLING

Sir Robin has also joined up with the London Legacy Development Corporation to offer you tickets to other exciting gigs at the Park including:

Saturday 6 July – Mumford and Sons

The London-based indie folk rockers will headline the Summer Stampede supported by New York's **Vampire Weekend**, Devon's rising star **Ben Howard** and more

There are 20 pairs of tickets to give away. To be in with a chance of winning follow @newhamlondon on Twitter and look out for the tweets.

Coming up – Yahoo! Wireless and Electric Daisy Carnival

Yahoo! Wireless sees **Justin Timberlake, Jay Z, Snoop Dogg, A Tribe Called Quest, NAS** and many more over three days in July at Queen Elizabeth Olympic Park

Dance festival **Electric Daisy Carnival** will bring Balearic beats to Stratford. Expect superstar DJs including **Tiësto, Flux Pavilion, Sub Focus, Goldie, Shy FX, Rusko, Naro** and **Jaguar Skills**

We have a number of exclusive tickets to give away to each event. Keep reading the *Newham Mag* for more details or follow us on Twitter @newhamlondon

Mayor of Newham

It is now cheaper, faster and easier to report a problem to the council. If you want to apply for services or pay bills, you can do it all at a time that suits you if you do it online.

Our new, revamped website now has a range of services that you can book from the comfort of your home using your PC or laptop. You can even use your smart phone if you are out and about. All you have to do is visit **www.newham.gov.uk** and sign up with My Newham.

At the click of a button, My Newham brings council services directly to you. There is no faster way of reporting issues such as fly tipping or applying for council services, including free bulky or green waste collections. My Newham keeps track of the enquiries you have made, their progress and uses the very latest technology to keep your details secure.

Going online ensures you never have to stand in a queue or wait on the telephone, just log on and complete your task.

Using My Newham takes less than two minutes.

Visit my.newham.gov.uk now to start your journey. It's easier to use and has:

- **easy to navigate pages**
- **an enhanced homepage**
- **easy to read content**
- **an improved search facility that allows you to go straight to the pages you want.**

And don't forget, if you haven't got a computer at home, you can visit your local library and use a computer for free.

Services you can access using My Newham

Apply

At **my.newham.gov.uk** you can apply for all these and more

- **bulky waste collection**
- **green waste collection**
- **a new recycling bin**
- **a new refuse wheelie bin**
- **join the Newham housing register**
- **a private rented property licence**
- **visitor parking permits.**

Pay

You can make the following payments quickly and easily using My Newham.

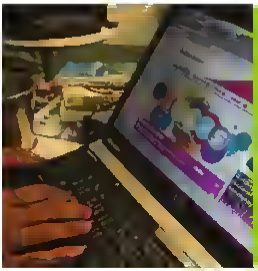
- **Council Tax**
- **fixed penalty notices (FPN)**
- **Housing Benefit overpayments**
- **business rates**
- **resident visitor parking permits**
- **penalty charge notices (PCN)**
- **housing rent and garage rent**
- **allotment renewals**
- **leaseholder charges.**

Report

From fly-tipping and graffiti to potholes and dog fouling, you can report a range of problems using My Newham including

- **graffiti and vandalism**
- **dog fouling**
- **fly-tipping**
- **fly-posting**
- **ungritted roads**
- **anti-social behaviour**
- **noise nuisance**
- **a missed bin collection**
- **street cleaning and litter issues**
- **communal and street lighting problems**
- **an abandoned vehicle**
- **traffic sign or signal problems.**

For a full list of services visit my.newham.gov.uk



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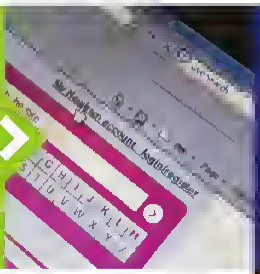
Our resident logs on to my.newham.gov.uk



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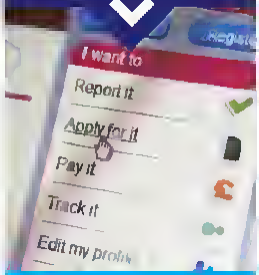
Clicks Apply for it



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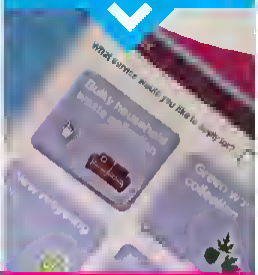
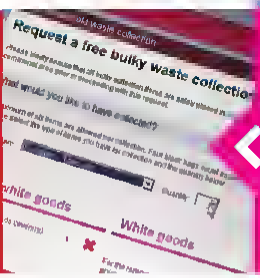
Selects Bulky or Green Waste collection



four

Completes the online form



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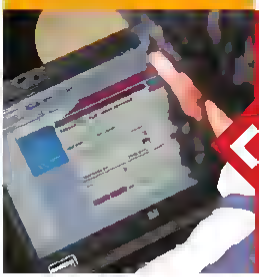
Submits a request and receives a confirmation email



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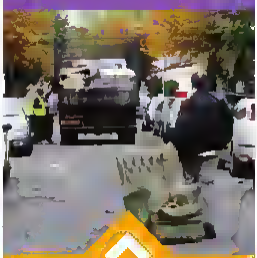
The request goes straight to the relevant team



Collection is then made within two working days. Up to six household items can be collected at any one time, free of charge

Using council services is easy peasy, with My Newham

From reporting fly-tipping to booking visitor parking permits, you can do it all online. Here's an example that shows you how easy it is to book a bulky waste collection.

Visit **my.newham.gov.uk** to find out more.

Bring the community together

Last year thausands af peaple danned their thinking caps and arranged hundreds af sacial accasians that braught their neighbaurs tagether. If yau missed aut there's still time ta make the mast af twa cammunity grants that can help yau arrange events and activities in yaur area.

Let's Get the Porty Started

Bringing people together is what we do best and Let's Get the Party Started allows you to do the same in your neighbourhood

From street parties to tea dances if you've got a great idea that can bring your friends, neighbours and the community together for a one off event we can make it happen Previous events have included

- **street parties**
- **exhibitions**
- **tea dances**
- **workshops**
- **cooking classes**
- **gardening get togethers**
- **community sports days**
- **musical talent and dance competitions**
- **bring and fix events**
- **community clean up events.**

If you come up with an idea, we can come up with the funds Grants of up to £250, or even £500 in very exceptional circumstances, are available to make your event or activity happen.

Go For It grants

If you want to make a real difference to your area then we can help

Go For It grants allow you to set up an ongoing project that inspires residents to get involved and is open to everyone in the community

Go For It grants are given to projects that can continue independently after initial set up costs For example, there could be an overgrown space close to where you live that you'd like to convert into a growing space Once you have purchased the tools and equipment needed to transform the site, volunteers can help maintain the area

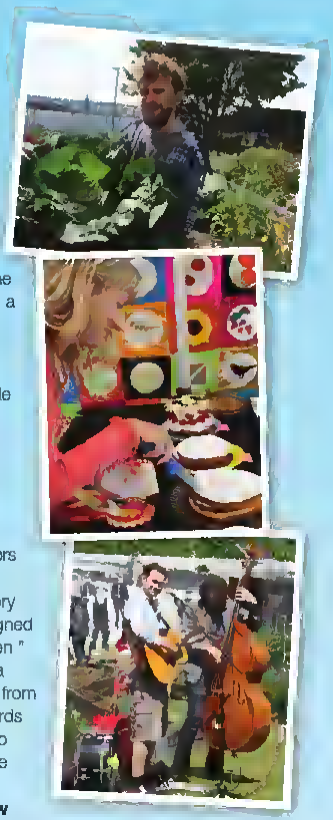
Go For it funding has previously been granted for:

- **dance activities**
- **gardening projects**
- **sports tournaments**
- **children's activities**
- **community choirs**
- **projects that promote healthier lifestyles.**

You might have talent for flower arranging or a flair for cake decoration. Pass on your passion to others by applying for a Go For It grant and share your skills with the community.

Discover more about how the council can support you with a community event or ongoing activities by visiting www.newham.gov.uk/grants

Friends of Abbey Gardens get the party started



Friends of Abbey Gardens is a group of residents from Stratford who have turned a disused space into a community garden and open space for all to enjoy. They applied for a Let's Get the Party Started grant to support their fabulous Vintage Summer Party.

With tiny top hats and bonnet making workshops for children and music in the eco shed, this open to all event saw more than 200 people come together to find out more about the garden and enjoy a free great day out.

Making the most of the resources to hand and relying on the goodwill of volunteers, the Friends held plant history tours led by their garden club leader while historians shared more about the heritage of the site which still houses the ruins of a 12th Century abbey.

Volunteer Lydia Thornley said "We've found that many of our volunteers first found out about the garden by attending one of our events.

"Each time we hold an event we choose a theme which encourages new, visitors as well as regular visitors to the space.

"For our Vintage Summer Party we picked a history theme. We wanted to broaden our appeal and designed activities to invite neighbours of all ages to the garden."

Alongside a competition to judge the best Victoria sponge, lunch was on offer and there were goodies from the garden on sale. The money raised all goes towards the maintenance of the garden and means the group can continue to develop the site for the benefit of the whole community.

Find out more about Abbey Gardens and how you can get involved by visiting www.abbeygardens.org

Sky's the limit at Workplace

Chance encounters can sometimes change your life. That's what Adrian Mosneag discovered when he flew into Workplace.

The former restaurant and hospitality supervisor from Upton Park was looking for a career change but could never imagine that with help from Workplace, the council's job brokerage service, he would literally scale new heights.

Thanks to Workplace, Adrian secured a job on one of London's most iconic experiences right here in Newham, the Emirates Air Line – London's only cable car – starting off as a host.

Adrian said: "There are some things in life that happen by coincidence. I was out shopping and walked past Workplace. I thought I'd pop in and see if they could help me.

"I was working, but after three years in my previous role I wanted to use my supervisory and management skills to get a job in another sector."

Workplace wasn't Adrian's only port of call. He said: "I joined quite a few recruitment agencies and was very selective about what I wanted to do. These agencies were mostly online. With Workplace there was face-to-face contact and because it is a council service they don't charge any fees or take any commission."

Adrian cites his Workplace advisor as integral to getting his job, saying: "I had a CV but my advisor adjusted it for me and showed me how to tailor my covering letters. Something changed and soon after that I started to receive answers from my applications and invitations to job interviews."

Fluent in English, Italian and Romanian means that Adrian is ideally suited to welcome the world. Soon after he secured his job at the Emirates Air Line his career soared even higher and he successfully applied for his current team leader role. His highlight so far has been "the extraordinary Olympic and Paralympic Games". Adrian describes this time as "exhausting and wonderful. I met people from all over the world. In a word, it was fantastic."

It's almost a year on from the opening of the Emirates Air Line but Workplace isn't a distant memory for Adrian. He keeps in touch with his advisor and has no hesitation in recommending Workplace and the service he received there. He said: "There's a saying that the best things in life are free and in the case of Workplace that's quite right."

Want Workplace to work for you?

Whether you're looking for work or a career change Workplace can help you find your dream job. As well as support with your CV and interview skills, training in a range of fields is available. Find out more by visiting **www.newhamworkplace.co.uk** or dropping into Workplace offices at:

Stratford, Broadway, E15

Canning Town, The Place, Silvertown Way, E16

East Ham, High Street South, E6.

You can also call **020 3373 1101** for more details.

Did you know?

- **London schools can book a journey on the Emirates Air Line for just £1 per pupil.**
- **Passengers can use the pay-as-you-go Oyster Card to take a single flight for £3.20 (child fare £1.60). You cannot use Travelcards.**
- **Travelling on the Emirates Air Line, you can enjoy amazing views of the City, St Paul's Cathedral, the Gherkin, Siemens Crystal, Thames Barrier, Queen Elizabeth Olympic Park and see as far as Wembley Stadium Arch. Find out more by visiting www.emiratesairline.co.uk**

Win a VIP cabin ride on the Emirates Air Line

To celebrate the first anniversary of London's only cable car the Emirates Air Line is offering you the chance to win one of two VIP rides worth £86. You will have exclusive use of a cabin for yourself and up to nine people to take a return journey from Royal Victoria Dock to North Greenwich.

To be in with a chance of winning this super prize answer this question.

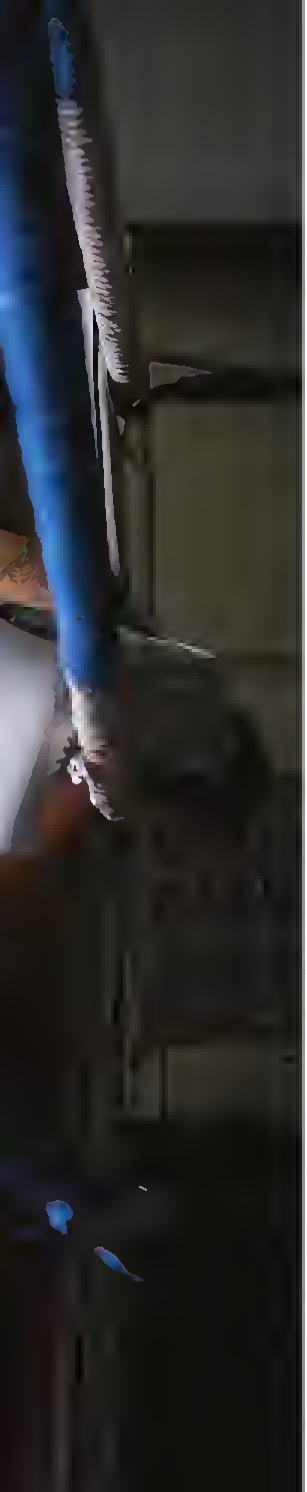
Which river does the Emirates Air Line cross?

Email your name, address, telephone number and answer to **newham.mag@newham.gov.uk** or send your answer to **Newham Mag, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Competition closes on 5 July and cabin ride is subject to availability.

Newham in pictures

1 Deputy Young Mayor Treu Ho and students from Brampton Primary School E6 welcome international schools to Newham Dockside **2** Eighteen Newham schools take part in the Jack Petchey Foundation Speak Out Challenge **3** Residents enjoy a quick bout of sumo wrestling at the East Ham Summer Festival **4** Pupils from Britannia Village Primary School E16 greet the Duke of Edinburgh during his visit to the SS Robin at Royal Victoria Dock **5** A pupil from Brampton Primary School E6 takes part in a community clean up outside his school

Macho man boxes clever



Wadi Comacho, 27, is a boxer from Canning Town, who fights out of Trad TKO, E16, one of the last 'old school' professional boxing gyms in London. His recent victory at the Prizefigher tournament now makes him the UK's fourth best in his weight and a contender for the British title belt.

Wadi, aka the Macho Man, has done well in the short time he been professional. After winning his first six fights, he suffered a defeat but undeterred he switched trainer and went back to work.

In the recent Prizefighter tournament at York Hall, Bethnal Green, he beat contenders in an elimination contest, getting better with each fight. He finished in style with a knockout in the second round of the final to take £34,000 in prize money.

Wadi moved to Canning Town when he was six years old. The former Rokeby School student is the only boy in his family.

He says: "I've got six beautiful sisters and I'm the baby of the bunch. I think my mother must have kept trying for a boy until I was born.

"When I was young I was a naughty little kid, but now I'm more mature, I'm a family person. I'm round my sisters' all the time. I enjoy their company, especially spending time with my nieces and nephews."

Wadi has got a lot of options now. He's a charismatic guy and he's got a loyal following. He says that he is the fighter that other fighters need to watch out for.

How did you get into boxing?

I was into football and basketball, but I still had a lot of energy and didn't know how to release it. Then a good friend, Gary Delaney, brought me to try out boxing and I found a sport that was nice, disciplined and focussed. I trained at the Peacock Gym in Canning Town and then the TKO. It all started from there.

Do your family come to ringside and support you?

Definitely. They make more noise than anyone else, especially my mum. At my fight in March I got a couple of cuts from a head collision and my mum was upset. So for Prizefighter I sent her on holiday to Spain to relax. After the fight I gave her a call and the first thing that came out of her mouth was: 'Do you have any cuts?' So I said: 'No, I just got a little dash under the eye'. Now she can come back and cheer with my sisters.

How hard do you train?

I train extremely hard. My new trainer Don Charles knows how hungry I am. He gave me a six-and-a-half week training programme for the Prizefighter. The Prizefighter is hard earned. You've got to fight three different fighters with three different styles and the best man wins. I showed by far that I was the best man that night.

I have all sorts of moves. I'm a big Cruiserweight, but I throw shots like a Middleweight or Lightweight. I'm an awkward customer. Everyone knows I'm a southpaw (left-hander), but that's just one of the ways that I'm awkward.

Who do you want to fight?

Whoever has the titles. Matty Askin for the English, John Lewis Dickinson for the British. They need to look out for me. They're not going to be holding those titles shortly. 2013 is my year. Wherever it is, whoever the opponent, I'm cool, I'm calm, and as soon as the bell rings I just do the business.

Trad TKO gym has two amateur boxing clubs (ABC) for young people:

- **Trad TKO ABC run by Terry Eames**
- **Omnibus Kids Gloves run by Tony Cesay**

Young people interested in trying boxing should drop in at the Trad TKO Gym, Stephenson Street, E16, weekdays after 5.30pm and ask for Terry or Tony.

For more information on the general boxing and fitness classes run by Trad TKO call 020 7474 3199 or visit www.tkoboxinggym.com

Other boxing clubs are listed on page 36.

Staging a great

There are just weeks until the Mayor's Newham Show, two fabulous days of free fun, activities and entertainment. Spread the word and bring your friends, family and neighbours to Central Park, East Ham, on Saturday 13 and Sunday 14 July for the unmissable annual event.

Main stage

The main stage will welcome Newham's finest talent and showcase music made for moving, from salsa to soul and rock to reggae

SUPER SATURDAY

Children's television rapping sensations **Sid Sloane and Andy Day** kick off the weekend at 12.30pm, beat-boxing their way through their catchy 'number raps'. They will be followed by **J's Dance Factory** who will wow you with their contemporary takes on ballet, Bollywood and street dance.

Saturday ends with a bang as **Candy Apple Blue** encourage you to shake your groove thing as they delight you with classic hits including rock, pop, Motown, R'n'B and soul

SUPERB SUNDAY

Come and see the stars of the small screen grace the big stage at 12.30pm. The **ZingZillas**, Zak, Tang, Panzee and Drum, will bring their magical, toe-tapping sounds to Newham and get tiny tots moving.

Deborah Day Theatre School students will display their array of talents before the hotly anticipated **Time to Shine** grand talent final begins. This year's finalists include dancers, singers and magicians.

Sunday swings to a close with the infectious Latin American grooves of Newham's own **Luis Lema Latinissimo Salsa Band**, who will bring the sounds of South America to Central Park

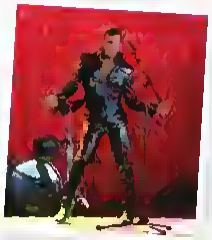
Family entertainment stage

A show first for this year, as well as The ZingZillas and number rappers Sid Sloane and Andy Day, the family entertainment stage will feature

- **Entertainment from Mr Mojo (children's party entertainer) who will be bringing madcap fun and games and dancing to the stage**
- **the Cosmic Sausages – four colourful musicians – will entertain you with their own version of pop classic songs and dance**
- **the Aveley and Newham Brass Band who will perform classical tracks and surprise you with their modern day twists**
- **Every Child a Musician (ECaM) participants who will showcase what they have learned with performances by Manor Park's St Winefride's Roman Catholic Primary School and Beckton's Gallions Primary School**

show

Cabaret Tent



Put your feet up and prepare to be mesmersed in the Cabaret Tent with stylish juggling and breathtaking acrobatics You can also slip on your dancing shoes and enjoy a have-a go dance workshop

Tap your feet and swing your hips as local Elvis tribute act **Sal Bashir** returns by popular demand

Enjoy awesome acrobatics from the **Black Eagles** complemented with their uplifting African beats

Sharn Adela, east London's Motown diva, will take you back in time with soul and Motown classics

Redefine your perception of juggling with the inspirational **Gandhini Jugglers**. Watch them take juggling to new heights

The Cabaret Tent will also have a full bar and access to a beer garden where you can enjoy traditional pub games

Parks

active newham

Discover more about Newham's green havens and enjoy a bowls taster session and a tour of the garden at the bowling green in Central Park

Leisure centres

Take part in an aerobics class, try a spin bike class or flex your muscles in our rowing challenge

Newham's Volunteers

If you've always wanted to help others, sign up to become a Newham Volunteer and make a difference. Register on the day or find out more by speaking to volunteers

Sports and activities marquee

Dare your friends and family to go head-to-head with you on one of our sporting challenges, or work up a sweat with taster fitness classes from aerobics to Zumba. The British Heart Foundation will be on hand to tell you more about their campaign to get you moving. There's also the chance to find out more about Newham's finest sporting groups or try a paralympic sport

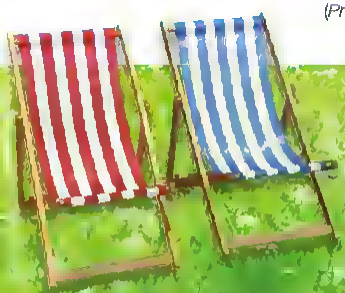
WIN FREE VENUE HIRE

Come to the Cabaret Tent and enter our competition to win free venue hire at the Old Town Hall, Stratford. If you're planning a wedding or other big occasion make sure you don't miss out on this fabulous chance to win

To find out more about the Mayor's Newham Show or other summer events visit www.newham.com/summer

(Programme is subject to change)

Mayor of Newham



Newham London

are you my forever family?

Adoption,
what would you say?

Don't just think about it, call us free on

0800 013 0393

www.newham.gov.uk/adoption

ANYONE FOR TENNIS?

Dust off your whites and dig out your racquet. Wimbledon opens on 24 June and it's time to hit the courts.

Tennis is a great way to get active and boost your health. It's fun, provides your body with a great workout and can burn up to 600 calories per hour.

WHERE TO PLAY

Take your kit and play for free on courts at any of these Newham parks:

- **Canning Town Recreation Ground, Prince Regent Lane, E16**
- **Central Park, High Street South, E6**
- **Gooseley Playing Fields, St Albans Avenue, E6**
- **Hermit Road Recreation Ground, Hermit Road, E16**
- **Little Ilford Park, Church Road, E12**
- **Lyle Park, Bradfield Road, E16**
- **New Beckton Park, Savage Gardens, E6**
- **Plashet Park, Plashet Grove, E6**
- **Royal Victoria Gardens, Pier Road, E16**
- **Stratford Park, West Ham Lane, E15.**

JOIN A SESSION

Active Tennis

If you are an absolute beginner why not try a session with a qualified coach? Racquets and balls are supplied, just turn up and join in on any Thursday until 26 September

- eight to 16 years, 5-6pm
- adults, 6-7pm

Tennis Courts, Central Park, High Street South, E6. £2 per session. To book call Paul Farthing on **020 3373 9000** or email **paul.farthing@activenewham.org.uk**

FIND A CLUB

Love Tennis Academy

This is open to all ages and abilities every Saturday, 12noon-3pm, at the Tennis Courts, Canning Town Recreation Ground, Freemasons Road, E16. Membership is free. For more information email **lovetennisacademy@gmail.com**

Langdon School City Tennis Club

This members club is open to anyone aged over five years. There's a joining fee of £50 and then you can attend any of their two-hour term time sessions for free. These are held on Mondays, Wednesdays, Fridays, 5-7pm and Saturdays, 1-3pm. Langdon Sports College, Sussex Road E6. For more information call **07752 015 168** or email **pat.hector@hotmail.com**

PLAY IN A LEAGUE

If you are a bit more competitive West Ham Park Tennis League run regular singles and doubles competitions at West Ham Park, Upton Lane, E7. The league costs just £12 to join. For more information email **westhamtennisleague@gmail.com** or visit **www.localtennisleagues.com/westham**

For more information about tennis in Newham call Paul Farthing 020 3373 9000 or email paul.farthing@activenewham.org.uk

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Religious: Holy Communion, Confirmation, Baptism, Christening, Bat Mitzvah, Hanukkah, Rosary, Prayer Books and much more

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on 07890 529 090 or email
julie.madell@newham.gov.uk

Newham London

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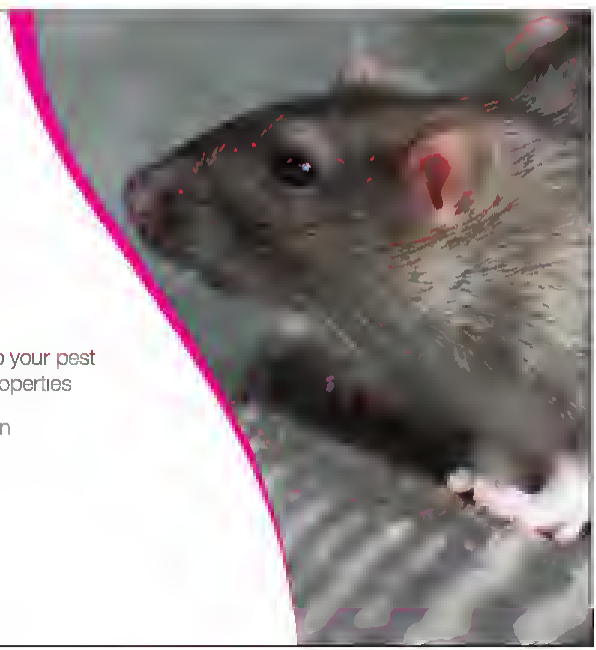
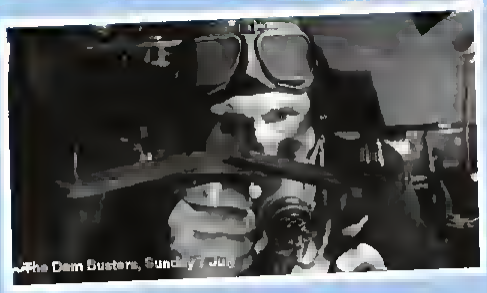
Contact us
Call: 020 8430 4133
Email: pestcontrol@newham.gov.uk
Visit: www.newham.gov.uk/pestcontrol




The Dam Busters, Sunday 7 July

Win a festival pass to Weekend at War

The Weekend at War is a four-day World War II film extravaganza at Stratford Picture House, Theatre Square, E15. The films include:

- The Great Escape, Thursday 4 July, 7pm
- The Dirty Dozen, Friday 5 July, 6pm
- Kelly's Heroes, Friday 5 July, 9pm
- Rommel the Desert Fox, Saturday 6 July, 1pm
- The Guns of Navarone, Saturday 6 July, 3.30pm
- Ice Cold in Alex, Saturday 6 July, 6.30pm
- Tora! Tora! Tora!, Saturday 6 July, 9pm
- Battle of Britain, Sunday 7 July, 1.30pm
- The Bridge on the River Kwai, Sunday 7 July, 4.30pm
- The Dam Busters, Sunday 7 July, 7.15pm

To be in with the chance of winning one of two festival passes for the entire festival (admits two) answer this question – **which of these films is about World War II?**

1 Braveheart
2 The Dam Busters
3 Independence Day

To enter, send your answer, your name, address and phone number to **newham.mag@newham.gov.uk** or write to Newham Mag, 1000 Dockside Road, London, E16 2QU before 12noon, Friday 28 June.

For full programme details visit **http://weekend-at-war.com**. Tickets can be purchased from **www.picturehouses.co.uk/stratford** or call the box office on **0871 902 5740.**

Plant sale

Make your garden beautiful in time for summer and pick up some bargains at the East Ham Allotment sale on Saturday 29 and Sunday 30 June.

From 10am-4pm at the allotments on Folkestone Road, E6, beside the council depot, you can buy an array of vegetables, flowers, herbs and honey at affordable prices and pick up growing tips from allotment experts.

Plant prices start from 30p. Wooden planters and trellis will also be on sale.

The bee viewing shed will also be open for you to see bees at work. All are welcome.

Make music and crafts

Do you fancy learning the basics of guitar playing or making your own crafty creations? You can do all this and more at the Garden Community Café, 7 Cundy Road, E16.

Every Friday from 3.30-5.30pm you can drop in and learn to play the guitar individually or as part of a group in these open to all sessions. You could also perform at one of the regular gig nights.

On Wednesdays from 4-5pm join the Craft Club for seven to 14-year-olds where you can make your own creations, cook, build shelters and play.

If you are interested in taking part, call **020 7474 5257.**

Don't let your children's health go up in smoke

Did you know that secondhand smoke can put children at risk of bronchitis, asthma attacks, meningitis, ear infections and cot death? Or that more than 80 per cent of secondhand smoke is invisible and has no smell?

We all know that the best thing would be to stop smoking but not everyone wants to. To protect children it is best to keep smoking completely outside of the home and car.

The following children's centres are holding events to provide advice and guidance about how smokers can make their homes and cars smokefree.

- Thursday 4 July, 9.30-10.30am, Oliver Thomas, Mathews Avenue, E6
- Friday 12 July, 9.30am-12noon, Canberra, 1 Didsbury Close, E6
- Friday 12 July, 2-4pm, Shrewsbury, 2 Shrewsbury Road, E7
- Monday 15 July, 9am-12noon, Plaistow, Junction Road, E13
- Wednesday 17 July, 9am-12noon, Keir Hardie, Edwin St, E16
- Friday 19 July, 9.30-11.30am, Abbey Lane, 1 Abbey Lane, E15.

For more information or to find out how to order a free Smokefree kit, call Newham's stop smoking service on **020 3373 6630** or visit **www.newham.gov.uk/stopsmoking**

Find out about electronic cigarettes

The University of East London (UEL) is holding an open public lecture to lay bare the facts about electronic cigarettes. Are they safe? Do they help people stop smoking? How do they work? Find out the answers to all your burning questions at a free lecture by Dr Lynne Dawkins.

The event takes place on Wednesday 3 July, 7-8pm at the UEL Stratford Campus, Water Lane, London, E15. Refreshments are available from 6pm. To register visit **www.uel.ac.uk/ecigarettelecture**

Have a look at Forest Gate

Discover more about the identity of people living and working in Forest Gate at a special exhibition at CoffeE7.

The exhibition, which runs until Saturday 20 July, features portraits and landscapes in pastel by Newham artist James Valentine.

The exhibition has been supported by Newham Council's Let's Get the Party Started funding to host free artist workshops and is inviting residents to produce drawings, paintings, prints and collages.

The workshops, which are open to all, take place on Sundays 30 June, 7 and 14 July, 3-5pm Mondays 24 June, 1, 8 and 15 July, 4-6pm.

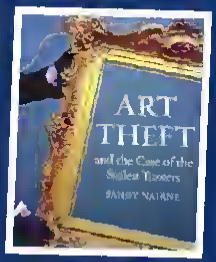
Workshop places must be booked in advance and children aged under 12 must be accompanied by an adult.

To book your place, visit CoffeE7, 10 Sebert Road, E7, email **jvalentine53@hotmail.co.uk** or call 07446 951 562.

CoffeE7 is open 7.30am-6.30pm Monday to Friday, 9am-5pm on Saturdays and 10am to 4pm on Sundays.

Turn to page 12 to find out more about community grants or visit **www.newham.gov.uk/grants**

Win Art Theft book



Speaking at Newham Council's Ideas Olympiad lecture, Sandy Nairne, who was then a director of the Tate, told of the theft of two of Tate Britain's J M W Turner paintings, while on loan to a German public gallery in 1994

To be in with the chance of winning a signed copy of the book about the eight year cloak-and-dagger pursuit of the £24m paintings, just answer – **what was J.M.W. Turner famous for?**

1 Starring in Romancing the Stone
2. Painting
3 Singing.

To enter, email the name of the competition, your answer, your name, address and phone number to **newham.mag@newham.gov.uk** or write to Newham Mag, 1000 Dockside Road, London E16 2QU. The closing date is 12noon Friday 28 June

The final Ideas Olympiad, The Power of Dreams, with British space scientist Maggie Aderin-Pocock MBE takes place at The Crystal, One Siemens Brothers Way, E16 on Thursday 27 June, 6.30-8pm. Tickets are free. To book visit **www.newham.gov.uk/ideasolympiad**

Films about buildings

Enjoy an architectural film night aboard the River Princess boat at Cody Dock.

The screening will feature films, documentaries and archive material exploring the history of social housing, public interaction with buildings and the rise of surveillance society.

The film night, which coincides with the London Festival of Architecture, takes place on Saturday 6 July. Doors open at 7pm and the films start at 8pm. Tickets are £3 on the door.

The River Princess is located at 11c South Crescent, Cody Dock, E16. For more information call **07813 345 057.**

Plaistow schools discuss legacy

Plaistow, Portway, Curwen, Southern Road and Upton Cross primary schools came together to take part in a debate about Olympic legacy.

The schools, which make up the E13 Learning Community Schools Council, quizzed Paul Brickell, executive director of regeneration and community partnerships at the London Legacy Development Corporation, about how to involve Newham schools and the wider community in the future development of the Olympic Stadium.

Key points included making the Olympic Stadium accessible to all, particularly disabled people and the local community, and the suggestion of a museum celebrating the Games. The group also discovered the range of sports events, exhibitions, community activities and music festivals planned in the Olympic Park.

Plaistow schoolchildren with Cllr Hussain (back centre)

Community lead councillor for Plaistow, Councillor Forhad Hussain said: "It's great to see that the students of the E13 Learning Community are passionate about the Olympic legacy and their community."

LYR
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Rowing, kayaking, bell boating, canoeing or sailing!

If you are 11 to 18-years-old then come to try our five FREE watersport 'have a go' sessions. Non swimmers are welcome!

5 August - 23 August

London Regatta Centre, Dockside Road, E16

Booking is essential as places are limited.

Visit www.londonyouthrowing.com and select the 'Summer Rowing' button

Call 020 8223 7977

Email info@londonyouthrowing.com

in partnership with

Newham London

SEA CADETS

the Mayor's Newham Show

Show your skills to win Best in Show

Each year thousands of people attend the Mayor's Newham Show to take part in two days of seaside fun, awesome activities and free entertainment. This year be part of the event by entering Best in Show and proving that you have what it takes to be the baker of dreams.

If you're a culinary queen, master baker or chutney champ now is your chance to shine. Show off your sugarcraft, join in with the jamming or go baking mad with your edible masterpieces.

On each day of the Mayor's Newham Show you can win prizes for

- **the best decorated cake** (adults and under 16s)
- **the best tasting cake**
- **the best jam**
- **the best chutney**

Judges include Rosanna Bluett, head chef at Jamie's Ministry of Food Stratford

For taste tingling recipes and more information visit **www.newham.gov.uk/bestinshow**
To register your interest email **competitions@newham.gov.uk**

To enter Best in Show

[illegible]

On each day of the Mayor's Newham Show in the Best in Show marquee, you can create your very own crazy vegetable character – a real life potato head – and the madder and shinier the better

New for 2013

Make your own Tutti Fruity Jam

Ingredients

525g chopped pears (5 or 6 pears)
1 large orange
130g crushed pineapple
45g maraschino cherries
60ml freshly squeezed lemon juice (1½ lemons)
85g packet of powdered pectin
1kg sugar

Instructions

1. Wash, peel, core, and chop the pears
2. Peel the orange, remove the seeds, and chop the pulp
3. Put the chopped pears, orange pulp, pineapple, cherries, and lemon juice in a large saucepan. Stir in pectin. Place on a high heat and bring to a rolling boil, stirring constantly.
4. Stir in the sugar and bring back to a full rolling boil
5. Boil hard for one minute.
6. Remove from heat and skim.
7. Spoon into hot sterilized jars and seal

Newham London

SINCE PRIVATE RENTED PROPERTY LICENSING WAS INTRODUCED IN JANUARY 2013:

We have

- received more than **29,500** licence applications from more than **17,000** landlords
- issued more than **18,000** property licences, the highest number in the country
- sent **1,200** warning letters
- served **50** cautions and are pursuing more than **30** prosecutions for unlicensed properties.

If you are a landlord or managing agent in Newham, your rental property must be licensed.

If you are a tenant, find out more about the scheme.

Visit **www.newham.gov.uk/propertylicensing**

No ifs, no butts

Some people think that receiving an £80 fixed penalty for dropping litter or a cigarette feels like being the butt of a bad joke. The truth is no one is laughing. Littering costs the residents of Newham around £11m a year.

Clean streets are one of your top concerns and one we take seriously. In 2012/13 Newham Council issued more than 7,000 spot-fines for littering and other environmental offences.

It's not fine to ignore a fine

If an £80 fine will hit you hard the consequences of not paying can be worse. We make every effort to prosecute. You could be taken to a Magistrates' Court, where you will receive an even stiffer penalty, plus court costs and a victim surcharge.

Contact us on the number below if you can help identify any of the people pictured, who are wanted for a range of environmental crimes.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities...

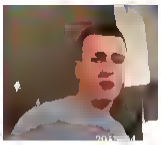
- **you will not be required to provide your name**
- **you will not be required to leave your contact details**
- **you will not have to make a statement.**

Ref: JUN2334

Ref: JUN2478

Ref: JUN2480

Ref: JUN2529



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If you know who the people featured on this page are call 020 3373 4479 and quote the reference number beside the picture. Environmental crimes and issues can also be reported on my.newham.gov.uk – see page 10 for more information.

CAUGHT ON CAMERA

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.

GALLERY

Anish, 6

N S Shobana, 11

Reneé Addo, 10

Samet Kocutrk, 9

Win free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on

Poem

Winner

The Pains of a Refugee

You'd never understand the times that I've had,
The pain; the depression; the loss of my dad.
He looked after me and my mum too,
Back in the day when the skies were all blue.

We lived in a war zone,
Shots were blown.
True colours were shown,
No place to call home.
But it was our own.

As soon as we witnessed the death of my dad,
Mum and I knew this place was too bad.
We made our escape; in the end I was glad,
'Cause now I've got things that my parents never had.

Freedom and safety and all of my rights,
Thanks to refuge my future is bright.
In my new school I can finally show,
There are so many places to which I could go.

Be nice to those that don't have much,
'Cause one day they'll be impossible to touch.
A doctor, a lawyer, a CEO,
Give us a chance and potential will show.

You think the population's growing too fast?
If you look close we've had a deep dark past,
Wars, death and discrimination,
In our new lives we're faced with fascination.

Brand new things that we've never ever had,
Feelings that I only felt with my dad.
So global citizens respect us please,
'Cause now you know the pains of a REF-U-GEE!

Tia Grant, 12

Colour-me-in Wordsearch

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Kite
Polyester
Ribbons
Running
Sport
String
Tails
Wind

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

21 JUNE – 5 JULY

OUR THRILLING THREE...

1. **Forest Gate Festival** – Saturday 6 July 12-6pm
A great little festival with craft stalls, live music, food, dancers, street entertainment, bouncy castles, face painting and lots more. Free. Osbourne Road, E7

2. **Have-a-go Judo** – Wednesday 3 July, 6-8pm
A chance for mums and dads to have a go at judo for free. Carpenters and Docklands Centre, 98 Gibbins Road, E15

3. **Street Food Festival** – Saturday 6 July, 12-6pm
Eat15 is a new monthly street food festival with Mexican, Spanish, US, Korean, Caribbean and Middle Eastern dishes. Courtyard of the Old Town Hall, 29 Broadway, E15

MENTION THE MAG...

JFI Fitness are offering a 20 per cent discount to readers of the *Newham Mag* in June and July. Just mention the *Newham Mag* when you book any of these classes

- **The Hartley Centre, 267 Barking Road, E6**. Zumba, soca and salsa fusion Mondays, 6.45-7.45pm, £5 (women only)
JFI karate for children and teens (age five years +) Mondays and Wednesdays, 5-6.30pm, £6
- **St George and St Ethelbert Church Hall, Burford Road, E6**
Zumba fusion and tone, Tuesdays and Thursdays, 9.30-10.30am, £5 (women only)
- **Langdon School Sports Centre, Sussex Road, E6**
Aerobics, Thursdays 7-8pm, £5 (women only). Men only bootcamp with Gladiator champion Weininger, Thursdays, 7.30-9pm, £5

Call 07818 000 643, or visit **www.facebook.com/jfifitness**

TRY SOMETHING NEW... CARNIVAL CAMPS

Help decorate a float or design a costume at this year's Carnival Camps. They are open to all (over five years), so bring family and friends

- Newham African and Caribbean Resource Centre, Barking Road, E13. Tuesday 25 June, 6.30-8.30pm. Tuesday 2 July, 6.30-8.30pm
- The Trinity Centre, East Avenue, E12. Thursday 27 June, 6.30-8.30pm. Thursday 4 July, 6.30-8.30pm
- St Mark's Community Centre, 218 Tollgate Road, E6. Saturday 22 June, 10.30am-12.30pm. Saturday 29 June, 10.30am-12.30pm
- Rosetta Arts Centre, 1 Hamilton Road, E15. Saturday 6 July, 10.30am-12.30pm and 1.30-3.30pm

For more information visit **www.newham.com/summer**

Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night
Entertainment every Mon, 8pm. Theatre Royal, Gerry Raffles Square, E15. Visit www.stratfordeast.com/comedy-night

Mini Musical Makers
Free music and story building sessions for 2-5 years. Wed afternoons, Discover Story Centre, 383-387 High Street, E15. Call 020 8536 5555. Mon mornings, The Hartley Centre, 267 Barking Road, E6. Call 020 7540 6923.
Free entry to Discover Children's Story Centre when you attend.
Free music therapy sessions for 2-5 years. Thurs, 3-4pm at Shrewsbury Children's Centre, Shrewsbury Road, E12. Call 020 3373 6050. Fri, 2.15-3.15pm or 3.45-4.45pm, Susan Lawrence Children's Centre, Lawrence Avenue, E12. To book, call 020 3373 7227

COMMUNITY LEARNING

Do it Online
Basic computer sessions at local libraries. You must book in advance.
Tues, 2-4pm, Plaistow
Wed, 2-4pm, Stratford
Thurs, 10am-12noon, Canning Town. The Gate and Manor Park
Fri, 2-4pm, East Ham

Knit & Natter
Craft group for adults, at local libraries.
Fri, 10am-12noon, Canning Town
Wed 10am-12noon, Beckton

Basic Numeracy (19+)
Mon-Thurs, 10am-5pm and Fri, 10am-1pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12 Call 07943 887 612/ 07507 173 272

Writing for Fun
Free ten-week creative writing course for 16+ at local libraries Mon, 6-8pm, and Fri, 1-3pm, Stratford

Reading for Pleasure
Free ten-week course at local libraries open to all Sun, 2-4pm, Stratford

UNDER-FIVES LIBRARY ACTIVITIES

Open to under fives with their parents/carers, at local libraries

Imaginative Play
Fri 11am-12noon East Ham

Interactive storytelling
Fri 10-11.30am East Ham

Storytelling
Mon 11am-12noon, Canning Town and Beckton Globe
Tues, 11am-12noon, Custom House, Stratford The Gate
Weds, 2-3pm East Ham
Thurs, 2-3pm, North Woolwich Plaistow
Fri, 11am-12noon, Stratford Green Street and Manor Park

Toy Library
Tues and Thurs, 10am-12noon, East Ham

YOUNG PEOPLE'S LIBRARY ACTIVITIES

Homework Club
For young people aged seven to 14. School term only
Mon, 4-6pm Stratford and East Ham
Mon, 3.30-5.30pm, North Woolwich
Weds 3.30-5.30pm Green Street and Manor Park
Thurs 4-6pm, Custom House, Forest Gate and Plaistow
Fri 3.30-5.30pm Beckton and Canning Town

ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries

Adult Reading Groups
Thurs 4 July 6.45-7.45pm Stratford This month The Blind Assassin by Margaret Atwood

Over-50s Club
Thurs, 10am-12noon Beckton Globe

GENERAL LIBRARY ACTIVITIES

Chess Club
Learn and play chess for free at your local library
Thurs, 5.30-7.30pm, Stratford

EXTRA ACTIVITIES

Royal Docks Learning & Activity Centre
Mon Employment Support sessions by appointment only
Tues Bingo, 10am-12noon
Healthy Cooking Group, 10am-12noon
Over 50s Computer classes 11am-1pm
Weds Mother and Toddlers group, free, 9.30-11am
Coffee Morning free 9.30-11am
Learn to Earn – Employment Support Drop-in, free, 10am-2pm
Sewing Classes, 10am-12noon
Thurs Tai Chi, £2, 10.30am-12noon
Royal Docks Learning & Activity Centre, Albert Road, North Woolwich, E16
Call 020 7476 9922

LGBT Community Group
For over-50s. Snacks and refreshments provided
Every third Tues of each month 4-6pm, Community Resource Centre 200 Chargeable Lane E13 Call 020 7239 0447

Dirty Hands Project
Grow your own fruit and veg. Open to all. First Sat of each month, 10am-2pm Valetta Grove, (opposite Plaistow Station) E13 Visit www.dirtyhandsproject.org.uk or email dirtyhandsproject@gmail.com or call 07961 674 210

Table Top Sale
Sell your goods and keep your profits. £5 a table – open to all
Last Sat of every month, 9am-2pm Jack Cornwell Community Centre Jack Cornwell Street, E12 Call 020 8553 3459
1st Sat of every month, 10am-4pm, Community Resource Centre 200 Chargeable Lane, E13 Call 020 3373 2211

Turn up and trade
Free pitches available for traders Every Sat, 9am-4pm, Rathbone Market Barking Road E16 Email saturdayraffle@gmail.com or galina.doneva@newham.gov.uk or call 07790 945 985

BASKETBALL

Youngbloods Basketball
All sessions cost £1
U12s, mixed, Sat, 1-3pm East Ham Leisure Centre E6
U13/14s boys, Mon, 6-8pm St Angela's School, E7
Tues 5.30-7.30pm, Newham Leisure Centre E13
U14s girls, Mon 4.30-6pm St Angela's School E7
Tues 5.30-7.30pm, Newham Leisure Centre, E13
U15/16s boys, Tues 6-8pm East Ham Leisure Centre, E6
Fri, 6-8pm St Angela's School, E7
U17/18s boys Tues 8-9.45pm East Ham Leisure Centre E6
Thurs 7-9pm St Bonaventure's School E7
Fri, 6-8pm, St Angela's School, E7
Call 07958 307 657

Newham All Star Sports Academy (NASSA)
Sessions are £1 unless indicated otherwise
Weds 4.20-6pm U13-14 6-8pm, U16-18
8-10pm, Senior Men
Thurs 4.20-6pm U13-14 6-8pm, U16-18
8-10pm, Senior Women, £2
Fri 4.20-6pm, U13-14 6-8pm U16-18
8-10pm Senior Men Run £2
Sat, 10.20am-12.20pm, junior boys and girls, 8-14, £2
All sessions take place at UEL, Docklands Campus University Way E16 Call 07703 503 995 or 07712 176 301 Visit www.nassasports.org.uk

National League
Mon, 6-8pm, U13/14s, Rokeby School Barking Road, E16
Tues, 6-8pm U15/16s Rokeby School Barking Road E16
Thurs 4.30-6pm, U13/14s boys, U14s girls, Newham Leisure Centre Prince Regent Lane, E13
6-8pm, U16s, Newham Leisure Centre Prince Regent Lane E13
6-8pm, U18s Cumberland School Oban Close, E13

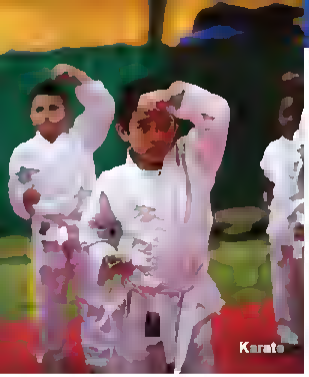
Gifted and Talented
Fri 4.15-5.30pm Cumberland School Oban Close E13

Basketball Session
Sat, 10am-12noon Newham Leisure Centre, Prince Regent Lane, E13

Senior Men/Women Programme
Mon, 7.30-9.30pm Division 2 Women and Division 3/4 Men Rokeby School Canning Town, E16 Call 07947 401 616

3v3 Basketball League
Thurs, 5-7pm, 8-19s Forest Gate Youth Centre, Woodford Road E7
Fri, 7-8pm 8-19s Little Ilford Youth Zone, Rectory Road, E12

3v3 Basketball Competition
2nd Sat of the month, 10am



1pm, U12s/U14s/U16s, Little Ilford Youth Club Rectory Road, E12

Basketball & Multi Sports
Fri 5 6 30pm, 8 19s Snowshill MUGA Snowshill Road, E12

FOOTBALL

Mayor's Football League
U10s, U12s, Mon 4.30 6pm and U16s, U18s, 6-7pm Newham Leisure Centre, Prince Regent Lane, E13

WHU Kickz
Mon, U14s 4 5.30pm
15+ 5 30-7pm
West Ham United Community Astro Turf (Beckton), E6
11 18s, 5 8pm
Forest Gate Youth Centre E7
Tues U14s, 4 5 30pm
15+, 5 30 7pm
West Ham United Community Astro Turf (Beckton), E6
11 18s, 6 9pm
Priory Park MUGA, E6
Weds, 11-18s, 5-8pm
Priory Park MUGA, E6
Thurs, 11 18s 4 7pm
Priory Park MUGA, E6
Fri, U14s, 4-5 30pm
Girls 11+, 5 30-7pm
West Ham United Community Astro Turf (Beckton), E6
11 18s 5 8pm
Forest Gate Youth Centre, E7

London Youth Games
Mon, 4 30 6pm, U14, Newham Leisure Centre, Prince Regent Lane E13

Football & Multi Sports
Mon, 5 30 7pm 8 19s
Weds, 5 7pm 8-19s, Stratford Park MUGA, West Ham Lane, E15

5-a-side Football Competition
Weds, 5 6 30pm 8 19s Fords Park Fords Park Road E16
Thurs, 5.30-7pm, 8-19s Royal Victoria Gardens, Pier Road, E6
First Sat of the month 10am 1pm U12s/U14s/U16s Plashet Park Plashet Grove E6

Football & Multi-Sports
Sat, 2-3 30pm, 8 19s Winsor Park Estate Winsor School MUGA East Ham Manor Way, E6

AIR Football (16+)
Tues 1 3pm and Fri 10am-12noon 16+ Memorial Park Memorial Avenue E15
Fri, 3-5pm, Beckton Powerleague, E6
Visit www.airfootball.co.uk

Ascension Football Academy
All sessions £3
School years Reception to 11 10-11 30am
King George V Park, King George Avenue E16
Call 07806 584 925

BOXING AND SELF DEFENCE

Boxing
Weds 7pm
West Ham ABC – community boxing, 11-19s
Olympic style amateur boxing sessions Hathaway Community Centre
Hathaway Crescent, E12
Call 020 8430 2000
Mon Wed, Fri 5 6pm
West Ham Boys ABC 9+ boys and girls
The Black Lion, 59 61 High Street E13 Call 020 8472 3614
Mon, Wed, 6 8pm
Peacock ABC 8+ boys and girls
Caxton Street North, E16
Call 020 7511 3799
Mon Wed, Fri 6 7 45pm
Newham Boys ABC 6+, boys only
Old Bath House 141 Church Street E15 Call 020 8519 5983
Fight For Peace 11+ boys and girls
Woodman Street, North Woolwich, E16
Call 020 7474 0054

Punch Out (16+)
Thurs 8 9pm,
Boxing fitness workout
Beckton Community Centre, East Ham Manor Way E6
Fri, 5-6pm Katherine Road Community Centre 254 Katherine Road E7 Email getactive@newham.gov.uk

Shoujin Karate
Weds, (during term time only) 4.30-5 30pm. Fri 6-7pm and 7-8pm Sun 10-11am
Sessions for beginners Under 15s £4, 16+ £6, concs £5
Newham Shoujin Karate Club Newham Leisure Centre, Prince Regent Lane E13
Call 07508 070 638

Docklands Karate Club
Mon 6 20 8 20pm, Under 15s £4 16+ £6 concs £5
UEL Sports Dock, Docklands Campus, E16
Call 07766 685 869

Tang Soo Do
Sat, 1 2 30pm and Tues 7 30-8 30pm (arrive at least 15 minutes before start) The Hub, 123 Star Lane, E16 Korean Martial Arts for 5+ to adults £5 per session – family discount available
Call 07725 948 426 or email ace_rosillo@hotmail.com

Hop, Skip and Punch (18+)
Mon, 5 30-6 30pm, Katherine Road Community Centre 254 Katherine Road, E7
Call 020 8548 9825

Bootcamps
Boxercise Bootcamp
Adults and parents with 7+ Child Tues 6 7pm
Indoor/outdoor
Britannia Village Hall 65 Evelyn Road E16
90 Day Boot Camp Challenge
Outdoor
Mon and Thurs, 7 15-8am, Tues and Thurs, 7pm
East Ham Central Park, High Street South, E6
Teens only Boot Camp (13+)
Weds 5 30 6 30pm
Thames Barrier Park Barrier Point E16 Email info@5starphysique.co.uk or call 07904 625 402

HEALTH AND FITNESS

Give blood on World Blood Week
Tues 11 June 1 3pm at The Old Town Hall, E15

BMX
Sun 10am 12noon 6 16s, £3/£2 members/£10 annual membership
Gooseley Playing Fields, St Albans Avenue E6
Call 07961 333 615 or email paul.farthing@activenewham.org.uk

Rounders (16+)
Weds, 6 30 8pm
Newham Leisure Centre, E13
Call 020 3373 9000 or email paul.farthing@activenewham.org.uk

Cricket (8-16 yrs)
Weds 6 7pm
West Ham Park E7, email paul.farthing@activenewham.org.uk

East End Road Runners
Tues and Thurs, 7pm
Sun 9am meet on the track, coached sessions for all abilities
Newham Leisure Centre, Prince Regent Lane E13
Call 07979 261 647

Run England sessions
All sessions are £2 unless indicated otherwise

Sun, 10am 12noon Newham Leisure Centre, E13 (meet on the track)
Mon 4-5.30pm Newham Leisure Centre E13 (meet on the track)
5.45-6.45pm, Newham Dockside, E16 (meet at reception)
Tues 6 7pm Newham Leisure Centre, E13 (meet on the track)
Weds, 12noon-1pm Newham Dockside, E16 (meet at reception)
Thurs free 5.15 6.15pm UEL Docklands Campus E16 (meet at reception)
Sat 10-11.30am, East Ham Central Park, E6 (meet at the cafe)
10-11.30am Wanstead Flats E12 (meet at Harrow Road Changing Pavilion)
10-11.30am, Memorial Park, E15, £4 (meet at car park)
Call 07718 394 874

Nawham Swords (4+)
Tues, 6.20 9pm
Thurs, 6.20-8.20pm
Fri, 7.40 10.20pm
UEL SportsDock, Docklands Campus, E16
Call 07956 618 898

Nawham Stridars
Free sociable walking group seven days a week
Call 0844 414 2728

Man's Haalth Football Fitnass Sassions
Sat 10-11am West Ham United Community Training Facility, 60a Albatross Close, E6
Call 020 7473 7724

Family Fit Club
Sat 11am 12noon West Ham United Community Training Facility 60a Albatross Close E6 Call 020 7473 7724

Zumba classes
Thurs, 7.30 8.30pm, St Nicholas Church Hall, Gladding Road, E12, £5 per class. Call 07720 805 505

Nawham Young Britons A.S.C
Sat 6.15 7pm Learn to swim and improve your strokes Children's session (£2) 5.16 Newham Leisure Centre, Prince Regent Lane E13
Call 07956 304 518

Yoga Classas
Tues 6.10-7.10pm and Fri, 10.30-11.30am, £5.50 (£3.50concs)
The Hub, 123 Star Lane, E16
Weds, 6.30-7.30pm
The Unitarian Church, West Ham Lane E15
Call 07956 808 007 or visit www.yocoma.co.uk

Woodsida Badminton Club
Fri 8-9.30pm intermediate and club standards players welcome £5 waged/£3 unwaged
Carpenters Docklands Centre 98 Gibbins Road E15 Call 07958 761 676 / 07956 150 240

Tabla Tennis
Thurs 6.30 7pm For beginner and intermediate adults
Stratford School, Upton Lane, E15 (Doris Road entrance)
For more info call 07976 577 716 or email ginny.harris10@btinternet.com

Qi Gong
Thurs 8pm for adults £5 per session Docklands Community Boat, near ExCeL Meet at the gates to Millennium Mill
Mill Road E16
Call 07930 610 275 or email lee@bigheavenlittleheaven.com

Bowls club
For over 16s, U16s welcome with an adult.
Sun Fri, 12.30-3pm, West Ham Lawn Bowling Club, Stratford Park, West Ham Lane E15 call 020 7503 4316
Weds, 2-5pm Plashet Park Bowling Club, Plashet Park, Plashet Grove, E6
call 020 8471 3821
Weds 3-6pm Central Park Bowling Club Central Park High Street South E6 call 020 8519 2126
Thurs, 2.30-5.30pm, Phoenix Bowling Club, Royal Victoria Gardens, Albert Road, E16, call 020 7511 6812.

Beginnars' Ballroom
Mon 10am 12noon, St Paul's Church Centre Burges Road E6 £2.50 per session Call 07761 209 463

Twisted Pink Street Dance
Fri, 6 7pm, 7-21s, £3
Fri, 7.15-8.15pm Zumba classes £5 including childcare St Luke's Church, 89 Tarling Road, E16
Call 07534 513 307, visit www.twistedpink.org.uk or email twistedpink26@aol.com

Zumba with Annabel (17+)
Mon 7.8pm £5 a session, Vicarage Lane Community Centre Govier Close E15
Weds, 7.30-8.30pm Beckton Community Centre, East Ham Manor Way, E6. Call 07500 898 665

Badminton
Thurs, 7.9pm For all standards. £4 for a court and bring a racquet. Little Ilford School, Browning Road, E12 Email morgan_phil@hotmail.com or call 07944 117 263

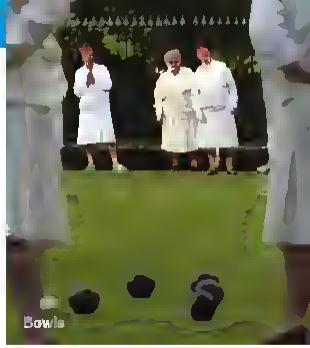
Gemini Square Dance Club
Mon 8.10.30pm Chandos Community Centre Colegrave Road E15 Ideal for 50+ £4 per session including tea and biscuits Call 020 8529 1602 or email mbro22@hotmail.com

FEMALE SPORTS

Fitnass Classes (12+)
Tues 8-9pm Zumba £6 and 9.9.30pm Body Conditioning £3, The Hub, 123 Star Lane E16 Email bollywoodfuzion@gmail.com or call 07830 455 823

Dare2Dance
Street dance classes for girls 12-16s Fri 3.30 5.30pm Newham Leisure Centre Prince Regent Lane E13
Call 020 3373 9000

Girls Spinning Sessions
Mon and Weds 4.4.30pm 11.16 Newham Leisure Centre, Prince Regent Lane E13 Call 020 7511 4477


Bowls

Female Only Gym Sessions
Tues and Thurs, 3.30-5pm 11-16s. Weds, 1.30-3pm, 16-25s Newham Leisure Centre, Prince Regent Lane, E13
Call 020 3373 9000

Female Boxfit Classes (16+)
Mons 4.15 5.15pm Balaam Leisure Centre, Balaam Street E13 Call 07970 783 526

Girls Football
Tues, 3.30-5.30pm 11-16s, Newham Leisure Centre Prince Regent Lane, E13

Women United AFC (11+)
Mon (term time only) 6.7.15pm Kingsford School E6 £1 per session Call 07792 932 979

Get Back into Netball
Tues, 6.7.30pm, juniors, 7.30-9pm, seniors £2 per session Lister Community School St Mary's Road, E13
Call 07717 281 529

Body Blast (16+)
Mon 7.8pm Weds, 12.30-1.30pm and Thurs 6-7pm £5 per session Talent Central Unit 27a 3 Armada Way, Gallions Reach Shopping Park, E6 Call 07866 612 610

Abs Blast
Thurs, 5.30 6.15pm, 11-16s £3 Newham Leisure Centre Prince Regent Lane, E13

Just Play (16+)
Wed 6.30 8pm, multi sport session Newham Sixth Form College Prince Regent Lane E13
Call 020 3373 9000

Female Multi-Sports
Fri 4.15-5.15pm Cardio Tennis Handball, Rounders, Football and more. Little Ilford Youth Zone, Rectory Road, E12
Call 020 8556 5973 or email Farrakh.Khan@locsp.org

Sheila's Yummy Mummy buggy (16+)
£5 per session
Mon, 10-11.30am East Ham Central Park, E6 (meet outside cafe in the park)
Fri, 10-11.30am, Plashet Park, Plashet Grove, E6
Call 07908 614 958 or email spoleon@aol.com

Janice's Fitness (16+)
Tues, 9.30-10.30pm Soca and Zumba fitness sessions £5 per session. St George and St Ethelbert Church Hall, Burford Road, E6
Email info@jfikarate.co.uk or call 07818 000 643

Sonia's Circuits (16+)
Tues and Fri, 10-11am £4 Ridley Christian Centre 94 Upton Lane, E7
Call 07763230106

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Wheelchair Basketball
Wed 4.5pm-11.19 Rokeby School, Barking Road, E16. Call 07947 401 616

Family Swims for Disabled Children and Adults
Sat 4.30-5.30pm, Newham Otters Swimming Club, Newham Leisure Centre, E13. For more details call 07931 788 739
Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, E13, £5. Call 020 7476 5274

Trampolining Sessions
Fri, 5-7pm and Sat, 12noon-2pm, U19s, Newham Leisure Centre, E13. Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children
Wed 10am-12noon, East Ham Leisure Centre, E6. £1.15 per session. Call 020 8548 5850

Swim for Families dealing with Autism
Wed 4.5pm, Balaam Leisure Centre, E13. Call 020 7476 5274

Get fit for free
Tues 1.30-3.30pm and Fri 10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre. To book an induction call 020 7511 4477

B1 Football Club
Third Sun of every month 10am-12noon, East Ham Leisure Centre, E6

Disabled Athletics
Tues 4.15-6.15pm, 11-18s Brampton Manor, Roman Road, E6
Thurs 4.30-5.55pm, St Angela's Ursuline School, 1 Saint George's Road, E7
Email cnourrice@englandathletics.org

Sensory Play
For children under five with special needs, speech and language delay or physical disabilities. Term time only. Fri 10-11.30am, Oliver Thomas Children's Centre, Mathews Avenue, E6
Email kathy.holdsworth@oliverthomas.newham.sch.uk or call 020 8821 0997

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified

Tues 25 June
7pm, *Overview and Scrutiny Committee, Committee Room 1*

Thurs 27 June
10am, *Licensing (2003 Act) Sub committee, Large Committee Room, Old Town Hall, Stratford, E15*

Tues 2 July
7pm, *Health and Social Care Scrutiny Commission, Committee Room 1*
7pm, *Regeneration and Employment Scrutiny Commission, Committee Room 2*

Wed 3 July
6.30pm, *Investment and Accounts Committee, Committee Room 2*

Thurs 4 July
10am, *Mayoral Proceedings, Council Chamber, Old Town Hall, Stratford, E15*

Visit **www.newham.gov.uk/committee** for updates

CONTACT THE MAYOR

Walk-in surgeries
Sat 22 June
8.45am *Newham Town Hall, Barking Road, East ham, E6*

Thurs 4 July
10.30am *Stratford Local Service Centre, 112-118 The Grove, Stratford, E15*

Telephone surgeries
Wed 26 June
Call ***020 3373 8444*** *between* ***9.30am*** *and* ***10.30am*** *and register your query and contact details. The Mayor will then ring you back at a later time*

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way, E6
Canning Town
Barking Road, E16
Custom House
Prince Regent Lane, E16
East Ham
High Street South, E6
Green Street
337-341 Green Street
The Gate *6-8 Woodgrange Road, Forest Gate, E7*
Manor Park
685-691 Romford Road, E12
North Woolwich
5 Pier Parade, E16
Plaistow *North Street, E13*
Stratford *3 The Grove, E15*
Archives and Local Studies *(limited postal and email service only) call 020 3373 6881 email archiveslocalstudies@newham.gov.uk*
Community Outreach Services *To find out more call 020 3373 0813*

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Newham London

THE IDEAS OLYMPIAD 2013

The Ideas Olympiad returns this year with another **free** series of events.

The Power of Dreams

Thursday 27 June, 6.30-8pm

Maggie Aderin-Pocock MBE – British Space Scientist will talk about how she turned her childhood dreams of being a space scientist into reality. Arrive early at this event to visit the world's largest exhibition dedicated to sustainable urban development.

Venue: The Crystal,
One Siemens Brothers Way
Royal Victoria Dock E16

Demand for these events is very high so get your tickets now!

To book your **free** tickets visit: **www.newham.gov.uk/IdeasOlympiad**

newhamlondon **newhamevents**

A BSL interpreter will be at all event

Newham London

the Mayor's Newham Show

FREE

Saturday 13 & Sunday 14 July 2013

12 noon - 6pm

Central Park, East Ham E6

Come and enjoy two days of fantastic free family fun including:

- Special appearances by the ZingZillas and popular children's TV presenters Sid Sloane and Andy Day
- Jamie's Ministry of Food Stratford cooking demonstrations and competitions
- Beach with donkey rides and helter skelter
- Live music and cabaret performances
- Tima to Shina Final
- Village Fete
- activeNewham activities
- The spectacular Newham Carnival, 2pm Saturday
- Children's and under fives' entertainment

CARNIVAL

No public parking, please use public transport. **Tube** East Ham Station. **Buses** 58, 104, 101, 115, 474 to Central Park 5, 147, 238 to Barking Road. ♿ Disabled Parking, toilets and access. This event takes place on grass. You may be searched as a condition of entry. No glass bottles or dogs.

www.newham.com/summer

@newhamlondon

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